Antenatal Psychosocial Health Assessment (ALPHA)

Antenatal psychosocial problems may be associated with unfavorable postpartum outcomes. The questions on this form are suggested ways of inquiring about psychosocial health. Issues of high concern to the woman, her family or the caregiver usually indicate a need for additional supports or services. When some concerns are identified, follow-up and/or referral should be considered. Additional information can be obtained from the ALPHA Guide. *Please consider the sensitivity of this information before sharing it with other caregivers.*

### Antenatal Factors

#### Family Factors

<table>
<thead>
<tr>
<th>Concern</th>
<th>Comments / Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td></td>
</tr>
<tr>
<td>Some</td>
<td></td>
</tr>
<tr>
<td>High</td>
<td></td>
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</tbody>
</table>

*Social support (CA, WA, PD)*
- How does your partner/family feel about your pregnancy?
- Who will be helping you when you go home with your baby?

*Recent stressful life events (CA, WA, PD, PI)*
- What life changes have you experienced this year?
- What changes are you planning during this pregnancy?

*Couple’s relationship (CD, PD, WA, CA)*
- How would you describe your relationship with your partner?
- What do you think your relationship will be like after the birth?

### Maternal Factors

#### Prenatal Care (Late Onset) (WA)
- First prenatal visit in third trimester? (check records)

#### Prenatal Education (Refusal or Quit) (CA)
- What are your plans for prenatal classes?

#### Feelings Toward Pregnancy After 20 Weeks (CA, WA)
- How did you feel when you just found out you were pregnant?
- How do you feel about it now?

#### Relationship with Parents in Childhood (CA)
- How did you get along with your parents?
- Did you feel loved by your parents?

#### Self Esteem (CA, WA)
- What concerns do you have about becoming/being a mother?

#### History of Psychiatric/Emotional Problems (CA, WA, PD)
- Have you ever had emotional problems?
- Have you ever seen a psychiatrist or therapist?

#### Depression in this Pregnancy (PD)
- How has your mood been during this pregnancy?

### Associated Postpartum Outcomes

The antenatal factors in the left column have been shown to be associated with the postpartum outcomes listed below. **Bold, Italic** indicates good evidence of association. Regular text indicates fair evidence of association.

- **CA** – Child Abuse
- **CD** – Couple Dysfunction
- **PI** – Physical Illness
- **PD** – Postpartum Depression
- **WA** – Woman Abuse
**ANTENATAL FACTORS**

<table>
<thead>
<tr>
<th>CONCERN</th>
<th>COMMENTS / PLAN</th>
</tr>
</thead>
</table>

**SUBSTANCE USE**

<table>
<thead>
<tr>
<th>Alcohol/drug abuse (WA, CA) (1 drink=1½ oz liquor, 12 oz beer, 5 oz wine)</th>
</tr>
</thead>
<tbody>
<tr>
<td>How many drinks of alcohol do you have per week?</td>
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<tr>
<td>Are there times when you drink more than that?</td>
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<tr>
<td>Do you or your partner use recreational drugs?</td>
</tr>
<tr>
<td>Do you or your partner have a problem with alcohol or drugs?</td>
</tr>
<tr>
<td>Consider CAGE (Cut down, Annoyed, Guilty, Eye opener)</td>
</tr>
</tbody>
</table>

**FAMILY VIOLENCE**

<table>
<thead>
<tr>
<th>Woman or partner experienced or witnessed abuse (physical, emotional, sexual) (CA, WA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>What was your parents’ relationship like?</td>
</tr>
<tr>
<td>Did your father ever scare or hurt your mother?</td>
</tr>
<tr>
<td>Did your parents ever scare or hurt you?</td>
</tr>
<tr>
<td>Were you ever sexually abused as a child?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Current or past woman abuse (WA, CA, PD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>How do you and your partner solve arguments?</td>
</tr>
<tr>
<td>Do you ever feel frightened by what your partner says or does?</td>
</tr>
<tr>
<td>Have you ever been hit/pushed/slapped by a partner?</td>
</tr>
<tr>
<td>Has your partner ever humiliated you or psychologically abused you in other ways?</td>
</tr>
<tr>
<td>Have you ever been forced to have sex against your will?</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Previous child abuse by woman or partner (CA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you/your partner have children not living with you?</td>
</tr>
<tr>
<td>If so, why?</td>
</tr>
<tr>
<td>Have you ever had involvement with a child protection agency (ie. Children’s Aid Society)?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Child discipline (CA)</th>
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</thead>
<tbody>
<tr>
<td>How were you disciplined as a child?</td>
</tr>
<tr>
<td>How do you think you will discipline your child?</td>
</tr>
<tr>
<td>How do you deal with your kids at home when they misbehave?</td>
</tr>
</tbody>
</table>

**FOLLOW UP PLAN**

- Supportive counselling by provider
- Additional prenatal appointments
- Additional postpartum appointments
- Additional well baby visits
- Public Health referral
- Prenatal education services
- Nutritionist
- Community resources / mothers’ group

- Homecare
- Parenting classes / parents’ support group
- Addiction treatment programs
- Smoking cessation resources
- Social Worker
- Psychologist / Psychiatrist
- Psychotherapist / marital / family therapist
- Assaulted women’s helpline / shelter / counseling

- Legal advice
- Children’s Aid Society
- Other:____________________
- Other:____________________
- Other:____________________

**COMMENTS:**

________________________

________________________

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YOUR OWN LIFE  Please answer the following questions about your own life and feelings.

10. In this pregnancy, I first came for care when I was __ months pregnant. This is my ___ 1st ___ 2nd ___ 3rd ___ (indicate number) child.

11. I am planning to take prenatal classes
   Yes
   No
   Reasons, if no,

Comments:

Feelings About Being Pregnant

12. My feelings about this pregnancy at first very happy 1 2 3 4 5 very unhappy

13. My feelings about this pregnancy now very happy 1 2 3 4 5 very unhappy

Comments:

Relationship With Parents

14. When I was a child, I got along with my parent(s) very much 1 2 3 4 5 not at all

15. As a young child I felt loved by my mother very much 1 2 3 4 5 not at all N/A

16. As a young child I felt loved by my father very much 1 2 3 4 5 not at all N/A

Comments:

Feelings About Becoming/Being a Mother

17. I have concerns about becoming/being a mother none at all 1 2 3 4 5 very many

Comments:

Emotional Health

18. I have had some emotional problems
   Yes
   No

19. I have seen a psychiatrist/therapist
   Yes
   No

20. In this pregnancy, my mood has been usually happy/up 1 2 3 4 5 sad/down

Comments:
CONCERNS IN YOUR LIFE  Please answer the following questions about stress in your life.

Alcohol and Drug Use During Pregnancy
21. Each week I drink_________ drinks. (1 drink = 1 1/2 oz liquor, 12 oz beer, 5 oz wine)

22. There are times when I drink more during the week  ❑ No  ❑ Yes  If yes, describe_________

23. Sometimes I’ve felt:  ❑ No  ❑ Yes  Annoyed by people criticizing my drinking  ❑ No  ❑ Yes

Guilty about my drinking  ❑ No  ❑ Yes  A need for a drink first thing in the morning  ❑ No  ❑ Yes

24. I use recreational drugs, e.g., marihuana never 1 2 3 4 5 very often

25. I have some drug problems  ❑ No  ❑ Yes  If yes, describe_________

26. My partner uses recreational drugs, e.g., marihuana never 1 2 3 4 5 very often

27. My partner has some drug problems  ❑ No  ❑ Yes  If yes, describe_________

Comments:_________

Parent’s Relationship (when you were a young child)
28. My parents usually got along very well 1 2 3 4 5 not at all N/A

29. My father sometimes scared or hurt my mother never 1 2 3 4 5 very often N/A

30. My parents sometimes scared or hurt me never 1 2 3 4 5 very often N/A

31. As a child I was sexually abused  ❑ No  ❑ Yes

Comments:_________

Relationship With Partner (if this applies)
32. My relationship with my partner usually has no tension 1 2 3 4 5 a lot of tension N/A

33. We work out arguments with no difficulty 1 2 3 4 5 great difficulty N/A

34. I’ve sometimes felt scared by what my partner says or does never 1 2 3 4 5 very often N/A

35. I’ve been hit/pushed/slapped by a partner never 1 2 3 4 5 very often N/A

36. I’ve sometimes been put down or humiliated by my partner never 1 2 3 4 5 very often N/A

37. I’ve been forced to have sex against my will  ❑ No  ❑ Yes

Comments:_________

Raising Children
38. I have children not living with me  ❑ No  ❑ Yes

39. My partner has children not living with him  ❑ No  ❑ Yes

40. As a child, I was involved with Children’s Protective Services (Children’s Aid)  ❑ No  ❑ Yes

41. Children in my care have been involved with Children’s Protective Services  ❑ No  ❑ Yes

Comments:_________

42. As a child, I was harshly disciplined by parents/family never 1 2 3 4 5 very often

43. I think spanking is necessary never 1 2 3 4 5 very often

Comments:_________

44. Overall, how concerned are you about your emotional and family life?

not at all concerned 1 2 3 4 5 6 7 extremely concerned

45. What issues in your life are most concerning to you?

46. What help, if any, would you like?
Provider Summary

Antenatal psychosocial problems may be associated with unfavorable postpartum outcomes. Once the woman has completed the self-report ALPHA, this form can be used to note her responses. Issues of high concern to the woman, her family or the caregiver usually indicate a need for additional supports or services. When issues of some concern are identified, follow-up and/or referral should be considered. Additional information can be obtained from the ALPHA Guide. Please refer to the other side of this page for information on antenatal psychosocial factors that are associated with problematic postpartum outcomes. Please consider the sensitivity of this information before sharing it with other caregivers.

FOLLOW UP PLAN

- Supportive counselling by provider
- Additional prenatal appointments
- Additional postpartum appointments
- Additional well baby visits
- Public Health referral
- Prenatal education services
- Nutritionist
- Community resources / mothers’ group
- Homecare
- Parenting classes / parents’ support group
- Addiction treatment programs
- Smoking cessation resources
- Social Worker
- Psychologist / Psychiatrist
- Psychotherapist / marital / family therapist
- Assaulted women’s helpline / shelter / counseling
- Legal advice
- Children’s Aid Society
- Other: ______________________
- Other: ______________________
- Other: ______________________

DATE (YY/MM/DD) SUMMARY/REFERRAL FOLLOW-UP

Date (YY/MM/DD) Signature
PROVIDER GUIDE FOR THE ALPHA SELF-REPORT QUESTIONNAIRE FOR WOMEN

Problems in questions below have been shown to be associated with problematic postpartum outcomes.

<table>
<thead>
<tr>
<th>CA</th>
<th>Child Abuse</th>
<th>PI</th>
<th>Physical Illness</th>
<th>WA</th>
<th>Woman Abuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>CD</td>
<td>Couple Dysfunction</td>
<td>PD</td>
<td>Postpartum Depression</td>
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</tbody>
</table>

If a woman's responses on the Self-Report ALPHA indicate psychosocial concerns, the following postpartum associations may apply. **Bold italics** indicates **good** association, regular type indicates **fair** association with adverse postpartum outcomes.

### FAMILY FACTORS

1. About this pregnancy, my partner feels  
   Lack of social support  
   CA, WA, PD
2. About this pregnancy, my family feels  
   Lack of social support  
   CA, WA, PD
3. I feel supported in this pregnancy  
   Lack of social support  
   CA, WA, PD
4. My partner will be involved with the baby  
   Lack of social support  
   CD, PD, WA, CA
5. When I am home with the baby I will have help from  
   Lack of social support  
   CA, WA, PD
6. Over the past year, my life has been  
   Recent stressful life events  
   CA, WA, PD, PI
7. I am making life changes during this pregnancy  
   Recent stressful life events  
   CA, WA, PD, PI
8. My relationship with my partner is usually  
   Couple dysfunction  
   CD, PD, WA, CA
9. After the baby, my partner and I will get along  
   Couple dysfunction  
   CD, PD, WA, CA

### MATERNAL FACTORS

10. I came for prenatal care when I was in  
    Late onset prenatal care  
    WA
11. I am planning to take prenatal classes  
    Refusal to attend/quitting  
    CA
12. My feelings about the pregnancy at first  
    Unwanted pregnancy after 20 weeks  
    CA, WA
13. My feelings about the pregnancy now  
    Unwanted pregnancy after 20 weeks  
    CA, WA
14. When I was a child, I got along with my parent(s)  
    Poor relationship with parents  
    CA
15. As a child, I felt loved by my mother  
    Poor relationship with parents  
    CA
16. As a child, I felt loved by my father  
    Poor relationship with parents  
    CA
17. I have concerns about becoming/being a mother  
    Low self-esteem  
    CA, WA
18. I have had some emotional problems  
    Emotional/psychiatric history  
    CA, WA, PD
19. I have seen a therapist/psychiatrist  
    Emotional/psychiatric history  
    CA, WA, PD
20. In this pregnancy, my mood has been usually  
    Depression: prenatal & postpartum  
    PD

### SUBSTANCE ABUSE

21. Each week I drink  
    Problematic substance use  
    WA, CA
22. There are times when I drink more during the week  
    Problematic substance use  
    WA, CA
23. Sometimes I’ve felt (CAGE questions)  
    Problematic substance use  
    WA, CA
24. I use recreational drugs  
    Problematic substance use  
    WA, CA
25. I have some drug problems  
    Problematic substance use  
    WA, CA
26. My partner uses recreational drugs  
    Problematic substance use  
    WA, CA
27. My partner has some drug problems  
    Problematic substance use  
    WA, CA

### FAMILY VIOLENCE

28. My parents usually got along  
    Experience/witness abuse  
    CA, WA
29. My father sometimes scared or hurt my mother  
    Experience/witness abuse  
    CA, WA
30. My parent(s) sometimes scared or hurt me  
    Experience/witness abuse  
    CA, WA
31. As a child I was sexually abused  
    Experience/witness abuse  
    CA, WA
32. My relationship with my partner usually has  
    Past/current intimate partner violence  
    WA, CA, PD
33. We work out arguments with  
    Past/current intimate partner violence  
    WA, CA, PD
34. I’ve felt scared by what my partner says or does  
    Past/current intimate partner violence  
    WA, CA, PD
35. I’ve been hit/pushed/slapped by a partner  
    Past/current intimate partner violence  
    WA, CA, PD
36. I’ve been put down or humiliated by my partner  
    Past/current intimate partner violence  
    WA, CA, PD
37. I have been forced to have sex against my will  
    Past/current intimate partner violence  
    WA, CA, PD
38. I have children not living with me  
    Previous child abuse  
    CA
39. My partner has children not living with him  
    Previous child abuse  
    CA
40. As a child I was involved with CAS  
    Previous child abuse  
    CA
41. Children in my care have been involved with CAS  
    Previous child abuse  
    CA
42. As a child I was harshly disciplined  
    Use of harsh discipline  
    CA
43. I think spanking is necessary  
    Use of harsh discipline  
    CA

**NOTE:** Although low SES/financial concerns were not found to be associated with the poor postpartum outcomes, they were associated with **Low Birth Weight.**

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